



HEALTH CHECK

WHO NEEDS A WELL CHILD CHECK-UP?



Regular Health Check exams can find problems and treat them before they get worse.

If your child is enrolled in EqualityCare, he or she can get FREE Well Child **Health Check** Exams, these exams help keep your children healthy. Many health problems begin before children look or feel sick. Regular **Health Check** exams can find problems and treat them before they get worse.



Inside this Issue:

Transportation Program Changes	2
Stroke Awareness	2
Healthy Eating Habits	3
5 Habits for Healthy Living—At Any Age!	3
Healthy Snack Recipes for Kids	4
Where should I take my child for a Checkup?	5
Making an Appointment	5
When should my child have a health check ?	5
Who should I call?	5
Department of Health	6

What is included in a well child health check?

- ⇒ A head to toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height and weight
- ⇒ Developmental tests to screen for autism and other related conditions
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

Special points of interest:

- Well Child Check-Ups
- Important Telephone Numbers
- Recipes
- Transportation Program Changes
- Healthy Living Habits
- Stroke Awareness

TRANSPORTATION PROGRAM CHANGES

EFFECTIVE IMMEDIATELY:

1. Transportation call center agents are required to document the appointment dates and times for each travel request. This information will assist in determining if overnight stays should be provided.
2. Emergency Fund requests will be granted for \$100 or more in an emergency situation. Emergency Funds will not be given if the transportation reimbursement is less than \$100.
3. When a client requests emergency funds and the reimbursement amount is \$100 or more, the transportation call center agents are required to contact the provider to verify the appointment is scheduled. Once this verification has occurred the agents will notify the client's DFS office.
4. Providers will be contacted to verify attendance of appointments. If an appointment is not attended, notify the transportation call center immediately.



EFFECTIVE MAY 1, 2008:

1. Emergency fund requests will be limited to one (1) per 30 days per client (not per family).
2. If the client requested overnight stays a copy of the hotel receipt with their Travel Authorization Confirmation Packet or Emergency Travel Authorization Confirmation Packet is required.
3. All verifications must be the original documents (no copies or faxes) and must include client name, appointment date and time and signed by the physician, nurse, receptionist/biller, or office manager. Please keep a copy for your records. The Equality-Care Client Travel Verification Form will not be included in the Travel Authorization Confirmation Packets after May 1, 2008. The only verification forms that will be accepted by the transportation call center will be the following:
 - A. The original physician or facility's Super Bill given at the time of check-out.
 - B. Verification information on physician or facility letterhead.
 - C. Verification information on the physician or facility's tamper resistant Rx pad.

IMPORTANT CONTACT INFORMATION: Transportation Call Center — 1-800-595-0011 — M-F 9 am - 5 pm MST

May is **National Stroke Awareness Month**. This year, the *Healthy Together!* Program hopes to continue to reduce stroke deaths by telling people how to recognize stroke symptoms, and to **Act F.A.S.T.**

A stroke happens when a blood vessel in the brain gets blocked; sometimes people pass out, have trouble moving their arms or legs on one side of the body, or can't talk. If you think someone is having a stroke, use the **ACT F.A.S.T.** chart below.

- | | |
|-------------------|---|
| F = FACE | Ask the person to smile. Does one side of the face droop? |
| A = ARM | Ask the person to raise both arms. Does one arm drift downward? |
| S = SPEECH | Ask the person to repeat a simple phrase. Does the speech sound slurred or strange? |
| T = TIME | If you observe any of these signs, it's time to call 911 . |

- ◆ For every minute that brain cells are deprived of oxygen during stroke, the likelihood of brain damage increases. **Act F.A.S.T.**
- ◆ Treatment can be more effective if given early on. **Act F.A.S.T.**

For the six million stroke survivors in the United States, **Acting F.A.S.T.** is even more critical because they are at risk for a recurrent stroke. But stroke prevention is only one part of the stroke recovery journey. For stroke survivors, the other integral component is National Stroke Association's message of **HOPE: Stroke is a Lifelong Journey** because hope is such an important part of a successful stroke recovery.

In 1989 National Stroke Association received the Presidential Proclamation recognizing May as National Stroke Awareness Month. The goal of this annual campaign is to ensure that all Americans understand they can "**Save a Life**" by knowing about stroke risk factors, prevention, symptom recognition and **Acting F.A.S.T.** to treat stroke. In addition, this is a time for remembering those who have survived a stroke and to let them know that National Stroke Association supports them throughout their lifelong recovery journey.

From the **National Stroke Association** <http://www.stroke.org/>

HEALTHY EATING HABITS

Your child's nutrition is important to his or her overall health. Healthy eating habits can also prevent many medical problems, including becoming overweight, developing weak bones, and developing diabetes. It will also ensure that your child physically grows to his or her full potential. The best nutrition advice to keep your child healthy includes encouraging him or her to:

- ◆ Eat a variety of foods
- ◆ Balance the food your child eats with physical activity
- ◆ Choose a diet with plenty of grain products, vegetables and fruits
- ◆ Choose a diet low in fat, saturated fat, and cholesterol
- ◆ Choose a diet moderate in sugars and salt
- ◆ Choose a diet that provides enough calcium and iron to meet their growing body's requirements

You can also help promote good nutrition by setting a good example. Healthy eating habits and regular exercise should be a regular part of your family's life.



FIVE HABITS FOR HEALTHY LIVING---At Any Age!

There's no getting around it: your habits directly affect your health. If you want to have better health and a better quality of life, do some of the following.

1. **Eat right:** Try not to eat too much "fast-food." Most of those foods have high salt, fat, calories and cholesterol which are not good for you. Instead, eat cereal and fresh fruit for breakfast. For lunch and dinner, eat more fresh fruit and add some fresh vegetables, too. Choose whole wheat bread; eat more chicken and fish, and less red meat.

Eat SMART: Follow these rules to help you change your eating habits.

- ◆ **Sensible**—don't try to be perfect and don't give up on healthy eating if you have a bad day!
- ◆ **Measurable**—limit the amount and type of foods you plan to eat each day.
- ◆ **Action**—try to create an action plan like "I will eat a healthy lunch three days this week" and build on that plan.
- ◆ **Realistic**—Don't use the word never; instead say "I will choose a low-fat dessert this week because it is better for my health."
- ◆ **Time**—Remember, it takes time to change your behavior and your cravings; never give up and keep on trying!

2. **Getting some exercise:** Your body cannot be healthy without exercise. In addition to eating healthy food, you must plan to do some physical activity every day. Exercise also helps your mind work better.

- ◆ Start by walking each day. In the beginning, try to walk for 15 minutes several times a week and gradually add more days and time to your routine.
- ◆ Ask your Health Coach for a free pedometer which will measure the number of steps you take each day. Try to get to 10,000 steps in the future.
- ◆ Find someone else to walk with; this person will help you remember to exercise and will also help your mind stay active as you talk and walk.



3. **Stop smoking:** It can be a hard habit to stop, but your body will be healthier the minute you stop. Within 20 minutes after stopping, your heart rate and blood pressure drop. Your circulation is better after just two weeks of not smoking and your heart is twice as healthy after one year as it was when you were smoking.

4. **Try relaxing:** You need to have low stress in your life if you want to be healthy. Try some hobbies, join a club or group of people, and keep seeing your friends or make new friends.

5. **Visiting your Healthcare Provider:** Talk to your Health Coach, healthcare provider or doctor at least once a year. They will tell you if you need to do anything special to help you stay healthy.

From *Healthy Together* educational materials
written by APS Healthcare.

HEALTHY SNACK RECIPES FOR KIDS

Ants on a Log

5 stalks Celery
1/2 cup peanut butter
1/4 cup raisins

Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Dinosaur Eggs

2-6 oz. pkgs. Lime gelatin powder
1 1/2 cups boiling water
1/2 tsp. ground cinnamon
1 cup cold milk
1 pkg. instant vanilla pudding mix

Dissolve gelatin in boiling water. Let stand at room temperature for 30 minutes. Stir in cinnamon. Beat milk and pudding mix until blended. Whisk into gelatin until smooth. Pour into a 13x9x2-inch pan coated with non stick cooking spray. Refrigerate for at least 3 hours. Cut into ovals.

Apple Ladybugs

2 red apples
1/4 cup raisins
1 tablespoon peanut butter
8 thin pretzel sticks

Slice apples in half from top to bottom, and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.

Dab peanut butter on to the back of the "lady bug", then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

Beary Good Snack Mix

16 oz. crackers, graham, honey, squares (bear-shaped mini grahams)
2 cups cereal, Cheerios
1 cup nuts, peanuts, honey roasted
1/2 cup seedless raisins
1/2 cup baking chips, milk chocolate morsels

Combine all ingredients in large bowl or resealable bag. Mix well. Store in airtight container.

Banana Snack

1 Banana, medium, fresh
1 tablespoon Peanut Butter

Cut banana in half then slice it down the middle. Take half a banana and put peanut butter between it. Wrap in saran wrap and put it in the freezer for at least two hours.

Frozen Yogurt Pops Serves 3 to 4

1 8-oz. container of your favorite flavor of yogurt

Pour yogurt into small paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup. Using a popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid. Remove the plastic wrap, peel away the paper cup, and eat your pop!

Peach Freeze Serves 3

1/2 cup milk
1 cup sliced peaches (they can be either fresh or canned; if using canned peaches, use peaches packed in their own juice instead of syrup)
1 teaspoon sugar

Pour the milk into an ice cube tray and freeze until solid. Pop the "milk cubes" out of the tray and put them into the blender. Then put the peaches and sugar into the blender. Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth. Pour your peach freeze into serving dishes and serve right away.

Incredible Edible Veggie Bowls Serves 1

1 green, yellow, or red pepper, washed
1 bunch of celery, washed
1 carrot, washed and peeled
Your favorite salad dressing

Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl. Cut the other half of the pepper into skinny slices. Cut the carrot into skinny sticks about 4" long. Cut celery into skinny sticks so each one is about 4" long. Put a little salad dressing in the bottom of your pepper bowl. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

Tiny Pizzas Serves 1

1 standard-sized bagel, cut in half
Tomato sauce
Shredded mozzarella cheese

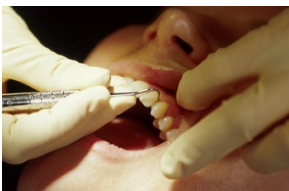
Toppings like diced green pepper, chopped onion, or chopped tomato (whatever you like)

Seasonings like oregano, basil, and pepper

Set the oven to low heat. Spread tomato sauce on each bagel half. Sprinkle the shredded cheese all over the tomato sauce on each half. Add your favorite toppings. Put a light sprinkling of seasonings on each half. Put your bagel halves on the baking sheet. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly. Let cool for a minute, then enjoy your tiny pizzas!

WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?

Your doctor, a clinic, health center, or local health department can provide Well Child **Health Checks**. It is best to establish a "medical home", a place where they know your child's history. Find a place in



your area to provide this medical home. For Dental exams, make an appointment with a dentist in your area.

MAKING AN APPOINTMENT...

- > You may make an appointment directly with your child's doctor or dentist (ask if they will accept EqualityCare before making the appointment).
- > It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.
- > When you go for your child's appointment, take your child's EqualityCare card and immunization record.

WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

Young children need checkups at:

- ✓ 3 years ✓ 5 years
- ✓ 4 years ✓ 6 years



Older children and Teenagers need:

- ✓ A checkup every year

WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For travel reimbursement, call 1-800-595-0011.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



For children enrolled in KidCare CHIP:

- If you have any questions on your KidCare CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your KidCare CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

** KidCare CHIP is not an EqualityCare Program*

Visit our website at
<http://wdh.state.wy.us/healthcarefin/index.html>



Wyoming
Department of Health
Office of Healthcare Financing

Our mission is to promote,
protect and enhance the health
of all Wyoming citizens.



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

Prst Std
US Postage
PAID
Cheyenne, WY
Permit No. 7

YOUR HEALTH CHECK NEWSLETTER



Office of Healthcare Financing
6101 Yellowstone Rd., Ste. 210
Cheyenne, WY 82002
Email: wdh@health.wyo.gov